

Discover the Secrets of Healthy Living

*The*  
**AWESOME**  
*Life*



FREDERICK ESPIRITU

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# INTRODUCTION

First of all, I'd like to honor you for choosing *The Awesome Life*, which I hope this book could lead you to. Our lives are determined by our choices. Choosing to reclaim what is rightfully yours is the most empowering choice you can make.

I know this for certain when I chose not to give my life over to a chronic illness.

At the age of 23, I was diagnosed with Hyperthyroidism and was prescribed for lifelong medication. Although threatened, I just couldn't imagine myself spending the rest of my life taking pills every day, getting my blood tested every month or so, and being in and out of the hospital for routine check-ups.

But that became my way of living for more than a year, or even longer before I decided to take matters back into my hands.

When I felt that conventional medicine was not making my condition any better, I searched for an alternate solution. Thus began my journey to healing myself naturally.

This has led me to what I call *The Path to Awesomeness* – a journey to becoming super, being human, living an awesome life!

Now, I wanted to share with you everything I've learned by personal experience combined with thorough research works I did for more than a decade already.



*All truths are easy to understand once they are discovered; the point is to discover them.*

– Galileo Galilei

## THE DIFFERENCE BETWEEN CONVENTIONAL AND NATURAL APPROACH

Back then I was taking the prescribed medications for my condition. There's one for my thyroid, one for my heart palpitation, then one more for another. It's a "pill for every ill."

When we're sick, we take one for the fever, one for the infection, and another for the inflammation. Since there are side-effects, we take some more hoping that at one point we get lucky to have taken the "magic pill" and make everything go away.

The problem is there's no magic, just more sickness.

Treating the symptoms is not the same as treating the disease. For instance, fever and inflammation are your body's immune response to infection. Suppressing these symptoms may worsen your condition and prolong your recovery. As long as there's an infection, the fever will keep coming back and the inflammation will not subside.

With the natural approach, we treat the "root" disease that is causing the symptoms. In this regard, we help the body



heal itself naturally. If there's an infection, the body can get rid of it with the proper functioning of the immune system.

We can benefit from conventional medication during short-term emergencies, but they won't be very helpful in the long run, particularly in chronic illnesses like cancer, diabetes, heart problems, and autoimmune diseases.

A good question we can ask ourselves is "Am I taking care of my health? Or am I taking care of my disease?"

## HOW HEALING ACTUALLY WORKS



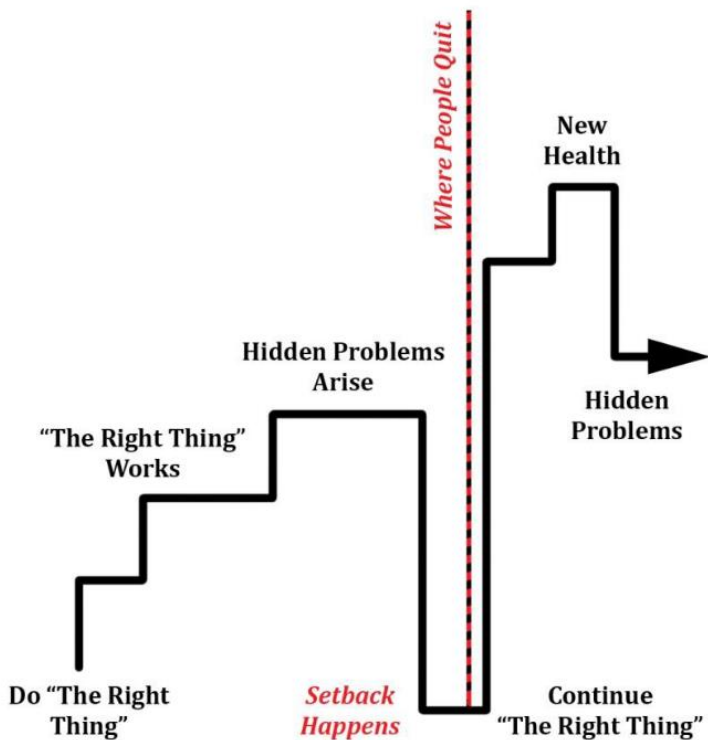
*Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick is to feed your sickness.*

*- Hippocrates*

Hippocrates, the “Father of Medicine,” stressed the importance of nutrition in one’s health. This also reminds me of another ancient proverb that says, “When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”

In the last sentence, he mentioned the significance of fasting. Haven’t you noticed when you’re sick, you can barely taste anything? Appetite loss is your body’s way of

telling you not to eat, so it can focus all its energy on healing rather than digesting food.



*Healing Crisis: It Gets Worse Before It Gets Better*

## Healing Crisis

Here's the tricky part: you may feel worse before you begin to feel better.

An essential part of the healing process, yet often misunderstood is the *Healing Crisis*.

Most people who tried doing “the right thing” to be healthy might have gone through this experience without knowing it and have felt like they're making a mistake. How can it be the right thing if there's nothing right about how you feel? I was one of those people.

The Chinese herbal doctor told me that as I heal, I might feel bad at times because my body will start to expel toxins. That “bad” feeling was an understatement. See that lowest point where setback happens? It was the time I was hospitalized for three days because I wasn't able to take it anymore.

I've experienced what's referred to as the *Herxheimer Reaction* when the body detoxifies faster than its normal rate.

When this happens, it is beneficial to drink more water, get ample rest, and remember to take it easy. Healing takes

time. We need to be patient with the process and focus on getting better.

Beautiful things indeed happen when you don't quit. Before, I didn't understand what the great teachers meant by "you will become a better person than you were when you were not sick." Truly, the healing journey is the greatest adventure in life. Don't quit when you feel like quitting.

As Hippocrates said, "Healing is a matter of time, but it is also a matter of opportunity."

# THE KEY TO HEALING



*First, realize that you are sick, then you can move toward health.*

*- Lao Tzu*

Let's take a breather. Take 3 slow and deep breaths.

Pay attention to your breathing as you do. Close your eyes if you want to.

Inhale... exhale... (3x)

Do you know what just happened? You became present in the moment. Regardless of what happened during your 3 breath exchanges, you accepted the events as they were, whether good or bad. Without judgment, you were merely observing what was taking place.

The breath connects the mind, body, and soul. When they are connected, you activate the healing force within.

Well-being is our natural state. We only have to allow it in our experience.

But how do we react when we found out that we're sick? We want to ignore the feeling. We convince ourselves that nothing is wrong. We deny that part of ourselves. But every time we deny the sickness, we are also denying the healing essence that comes from it – our innate ability of self-healing.

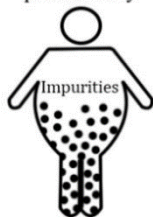
Acceptance is the key to healing. It's the first step towards love, which heals everything. Sadly though, it's the step we wouldn't want to take.

Again, take a breather. I am now inviting you to take that step.

# THE TRUTH ABOUT DIET AND CALORIES

## DIETING

Fat stored to "enrobe" impurities/toxins to protect body

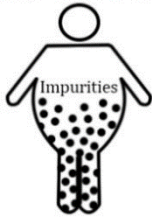


Dieting stresses the body by limiting nutrients

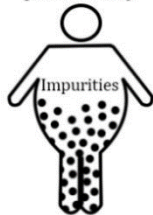
Fat burned, but impurities/toxins remain - in higher concentration



Body reacts to increased impurities/toxicity - goes into emergency fat production to protect body - REBOUND



Fat stored to "enrobe" impurities/toxins to protect body



Cleansing gives the body the nutrients it needs to succeed

## CLEANSING

Impurities released as fat burned



Better overall health. Less fat, more muscle and NO REBOUND





There is no perfect diet. “One man’s food is another man’s poison,” means that what works for me might not work for you.

Our body is always trying to protect us. One way that it does is by covering the toxins with fat. This toxicity comes in many ways: from the food we eat, stress, and emotional traumas. As long as we hold on to these toxins and keep harming ourselves, our body will remain fat.



*Study after study shows that stress causes abdominal fat – even in people who are otherwise thin. Researchers at Yale University, for example, found slender women who had high cortisol also had more abdominal fat. More results published in the journal of Psychosomatic Medicine in 2000 established a link between cortisol and increased storage of abdominal fat.*

*– Dr. Natasha Turner*

You don’t lose weight to get healthy. Instead, you get healthy to lose weight. That’s what we’re going to do – get healthy in mind, body, and soul.

## Count the Nutrients, Not the Calories

To count or not to count, that is NOT the question.

Calorie is the measure of energy we get from foods. They mainly come from the *MACROnutrients*: carbohydrate, fat, and protein. You burn them to produce the energy that your body needs. First, you burn the carbs, then the fats, and the last are the proteins, which are the hardest for the body to metabolize.

Equally important, yet often overlooked are the *MICROnutrients*: vitamins and minerals. They work on a cellular level, a.k.a. *mitochondria*, and the energy in that level is called *ATP (adenosine triphosphate)*. It's the energy we use for breathing, to keep the heart beating, and make the organs perform their respective functions.

MACROnutrients can provide us energy only when we have sufficient MICROnutrients to release them.

Did you know that vitamins cannot function and cannot be assimilated without the aid of minerals?

Hence, our body needs togetherness: a balance of MACROnutrients and more importantly MICROnutrients.

Most of us get sick because we are OVERFED but UNDERNOURISHED. We are starving on the cellular level. We are too concerned with the calories but pay almost no attention to nutrients.

Calorie counting will just add stress to your body. And what is the body's response to stress? Fat.

Other than the stress-fat problem, a more serious underlying health issue brought by being overfed and undernourished is the two bottom lines of almost all chronic diseases: TOXICITY and NUTRIENT DEFICIENCY.

# NUTRITIONAL SUPPLEMENTATION

One significant discovery I came across in this healing journey is what I believe to be the simplest, most convenient, and practical application of Hippocrates' principle on nutrition, which can address the underlying root problem of many diseases.

Problem: nutrient deficiency

Solution: nutrient supplementation

Simple formula, yes?

Fruits and vegetables are Nature's medicine. It's common sense that they are good for our health. In fact, a study by University College London reveals that daily consumption of 7 servings of fruits and vegetables reduces your risk of death from any disease by 42%.

The question is how much are we eating fruits and vegetables on a regular basis? This is where nutritional supplementation, aka "vitamin therapy," comes into the picture.

## Why Supplement?

Health experts recommend that we include at least 5 servings of fruits and vegetables in our daily diet to meet the *recommended dietary intake* (RDI). This was based on their years of research study on the nutrients found in fruits and vegetables that may not only prevent but also treat diseases. Nutritional supplementation makes this recommendation easier to accomplish. This is good news for those of us who don't eat nearly enough fruits and vegetables.

Let's have a quick overview of the micronutrients, which our body needs and can easily be met by nutritional supplementation.

**Vitamins:** The body cannot manufacture vitamins by itself. We need to get them ideally from the foods we eat. There are water-soluble vitamins (B-complex and vitamin C) that need to be replenished daily and fat-soluble vitamins (vitamins A, D, E K) that are stored in the liver when not needed by our body. In small amounts, they are utilized by the body for growth, metabolism, and other processes to maintain health. A deficiency of a vitamin can produce symptoms associated with a disease.

**Minerals:** On the other hand, minerals are for maintaining energy level, calming the nerves, strengthening the muscles, heart, hair, teeth, bones, and nails. They also keep the blood clean and regulate blood pH (blood's relative alkalinity and acidity). Like vitamins, we must get them ideally from our foods. Minerals are combined with specific amino acids (through the binding process called *chelation*) and vitamins to make enzymes and hormones, which the body uses in making chemical reactions to sustain life.

## **Body Alkalinity**

Alkalinity is a major determinant of our health condition. Research has proven that disease cannot survive in an alkaline state and that viruses, bacteria, yeast, mold, fungus, candida, and cancer cells thrive in acidic, low oxygen, low pH environment.

Through correct supplementation, the body will have a sufficient resource for the alkalizing minerals such as magnesium, calcium, zinc, and potassium.

A deficiency in any of these minerals can cause an imbalance leading to major impairment of vital functions in the body.

Having an alkaline diet is one of the most important things you can do to improve your overall health and wellness. An easy and convenient way to achieve this is by using supplements that contain what are called “alkalizing” minerals.

## PRACTICAL TIPS TO LOSING WEIGHT

There's a reason why our teeth are placed in our mouth and not in the stomach. We are supposed to chew the food well before swallowing them, not the other way around.

It takes about 20 minutes before the "I am full" signal from your stomach registers to your brain. Eating slowly will give you that window time to avoid overeating and lessen your calorie intake.

Did you know you can meditate while eating? It's called *mindful eating*. Here's what you do: take a seat and eat in front of the dining table, not the television or computer. Focus on what you're eating. Pay attention to the texture, aroma, and flavor of the food. It does not only bring about the pleasure of eating, but it also improves digestion and assimilation of the food you eat.

Avoid drinking too much water right after a meal. It will dilute the digestive juices and acids in your stomach, which are needed to breakdown the foods into their assimilable form. Sip a bit, then down the full glass about an hour after.

These are simple practical tips that can help relieve indigestion, irritable bowel syndrome, *GERD* (acid reflux),



and other digestive problems. Plus, you'll lose the weight too!

## Hydration

If there's one common dietary habit healthy people do, it's staying hydrated. First thing in the morning is they drink 1 or 2 cups of water. It helps in flushing out the toxins through the bowels and activates the digestive system.

Dehydration can lead to weight gain because it increases fluid retention in the body. Sometimes we think we're hungry, when in fact we're just thirsty.

You can try vitamin-infused water. Squeeze a lemon into a liter of water and let the remaining skin soak in. You can also add cucumber and mint. Then, refrigerate the mix overnight and drink it up the next day. That's instant natural alkaline water!

## Eat Less Sugar

There's an interesting study by Dr. Richard Johnson about the so-called *fat-switch*, which is the reason why and how people gain or lose weight.

A simple logical explanation of his study is this:

Fat-Switch OFF: burn the calories, convert to energy; Fat-Switch ON: store the calories, convert to fat.

What triggers the fat-switch? SUGAR.

Yes, we cannot completely avoid sugar but we can choose what type of food the sugar is coming from. The sugar in a donut is different from sugar found in fruit. The donut is void of nutrients, whereas fruit contains antioxidant nutrients that negate the fat-causing effect of its natural sugar.

Quick tip:

Avoid processed foods that have *High-Fructose Corn Syrup* and refined sugar. They will short-circuit the fat-switch!

A long-term goal is achieved by a series of achieving short-term goals. Say you want to lose weight in 3 weeks, make a goal of avoiding or limiting sugary and processed foods one day at a time. Focus only on today, then tomorrow, and the next day.

## The Missing Link: Visualization

Brace yourself! We are now about to unleash the power of your subconscious mind, which is 30,000 times more powerful than the conscious mind! It's been said that our thoughts create our reality. 90% of those thoughts are created on the subconscious level.

An effective method to access the subconscious mind is a technique known as *Creative Visualization*. It's an active form of meditation, wherein you feed the thoughts in your mind via visual images. When regularly practiced, these images become imprinted on your subconscious mind and are manifested into reality.

Here, try this:

Imagine seeing the weight you want as you stand on the weighing scale; wearing the beautiful dress that fits your slim body; eating a healthy meal during breakfast; and drinking fresh juice after your run.

Now, visualize:

- Close your eyes.
- Take 3 or more slow and deep breaths until you feel relaxed and your mind is calm.

- Play the images in your mind as if they're happening. Bring in all the senses (sight, touch, hearing, smell) to the experience.
- Say a positive affirmation: "I am healthy and beautiful."
- Open your eyes.

Face the mirror. You'll see that healthy and beautiful person smiling back at you.

## AFTERWORD

I smile looking back at where I've been and where I am presently in my healing journey. I am so grateful for the lessons learned from experiences I had that I am now able to share with you.

What I realized is that healing does not stop from recovering from an illness. Ironically, it is only the beginning.

Health is wealth. Invest in yourself because the return is so much well worth it.

It is more than just taking care of our physical bodies. Because we are not only what we eat. We are also what we do, think, and feel.

As simplistic as it may sound, love heals. So be love, do love, think love, and feel love. It is only when we can come from that place within us that healing happens. Perhaps the reason why we get sick in the first place is the lack thereof.

No matter the case, know that it is never too late and you are not alone in this.

Consider this as my personal invitation for you to take this journey with me and together, let's start becoming the healthiest version of ourselves!

With love,

**Frederick Espiritu**

